5. (NEW) A sliding sun visor assembly comprising:

a rod assembly including:

a longitudinally extending rod;

a torque control having a first pivotal attachment to said rod, and

a guide fixed to said torque control; and

a visor body including:

a structure projecting therefrom that at least partially circumscribes said rod and defines a second pivotal attachment to said rod, wherein at least one of said pivotal attachments is slidably engaged to said rod, and

a longitudinally extending track shaped to cooperate with said guide, said track slides relative to said guide allowing said visor body to move longitudinally with respect to the rod.

6. (NEW) The visor of claim 5, wherein said second pivotal attachment is slidably engaged with said rod.

7. (NEW) The visor of claim 6, wherein movement of the track with respect to the guide is related to movement of the second pivotal attachment with respect to the rod.

8. (NEW) The visor of claim 5, wherein said track includes at least one rail that projects from said visor body.

9. (NEW) The visor of claim 8, wherein said guide is U-shaped for cooperating with said projecting rail of said track.

10. (NEW) The visor of claim 8, wherein said guide has a pair of opposing legs adapted to slidably receive said rail that projects from said visor body therebetween.

11. (NEW) The visor of claim 8, wherein said rail comprises a wall extending from a ridge of said track of said visor body.

12. (NEW) The visor of claim 10, wherein said visor is assembled by sliding the opposing legs of said guide onto said track from an opening provided on a distal end of said track.

13. (NEW) The visor of claim 5, wherein said second pivotal attachment limits the longitudinal movement of said visor body by contact with said first pivotal attachment.

14. (NEW) The visor of claim 5, wherein said visor body associated with and proximate to said second pivotal attachment defines a longitudinal range of movement of said visor body along said rod by contacting the torque control component at a first end of said longitudinal range of movement and by contacting an elbow formed in said rod at a second end of said longitudinal range of movement.

15. (NEW) The visor of claim 5, wherein a structure projecting from said visor body limits the longitudinal movement of said visor body along said rod by said guide.

16. (NEW) A sliding sun visor comprising:

a longitudinally extending rod;

a torque control component having a first pivotal attachment to the rod;

a visor body having a second pivotal attachment with the rod, the second pivotal attachment being substantially coaxial with the first pivotal attachment, wherein at least one of said pivotal attachments is slidably engaged with said rod allowing longitudinal movement of at least a portion of the visor body with respect to said rod; and

a longitudinally extending track interconnecting the torque control component and the visor body in sliding engagement, said track allowing a longitudinal distance between the first and second pivotal attachments to vary with longitudinal movement of said visor body while maintaining a rotational position of said second pivotal attachment with respect to the rod related to a rotational position of said first pivotal attachment with respect to the rod.

17. (NEW) The visor of claim 16, wherein said second pivotal attachment is slidably engaged with the rod, and said first pivotal attachment is non-slidably engaged with the rod.

18. (NEW) The visor of claim 16, wherein movement of said track with respect to said torque control component is related to movement of said second pivotal attachment with respect to said rod.

19. (NEW) The visor of claim 16, wherein said track is secured to said visor body.

20. (NEW) The visor of claim 16, wherein the torque control component includes a torque control and a U-shaped guide extending therefrom for cooperating with said track.

21. (NEW) The visor of claim 16, wherein the torque control component includes a torque control and a guide fixed to one surface of the torque control for cooperating with said track.

22. (NEW) The visor of claim 21, wherein said guide includes a pair of opposing legs.

23. (NEW) The visor of claim 22, wherein the track includes a projection adapted to be received between said legs for sliding engagement therewith.

24. (NEW) The visor of claim 23, wherein said projection includes a free edge about which said guide is slidably engaged.

25. (NEW) The visor of claim 22, wherein said visor is assembled by sliding the opposing legs of said guide onto said track from a distal end of said track.

26. (NEW) The visor of claim 16, wherein said visor body proximate to said second pivotal attachment limits a longitudinal range of movement of said visor body along said rod by contacting the torque control component.

27. (NEW) The visor of claim 26, wherein said visor body proximate to said second pivotal attachment includes a projection to assist in limiting said longitudinal range of movement of said visor body along said rod by contacting the torque control component.

28. (NEW) The visor of claim 16, wherein a surface of the said visor body associated with the second pivotal attachment limits the longitudinal range of movement of said visor body along said rod by contacting an elbow formed in said rod.

29. (NEW) A sliding sun visor comprising:

a longitudinally extending rod;

a torque control having a first pivotal attachment to the rod, said first pivotal attachment being substantially coaxial with said longitudinal rod;

a guide fixed to and extending from said torque control, said guide including a pair of opposing legs extending therefrom;

a visor body having a second pivotal attachment slidably engaged with said rod allowing said visor body to slide axially with respect to said rod, said second pivotal attachment projecting from said visor body and substantially coaxial with said rod; said visor body also including a longitudinally extending track slidably engaging said opposing legs of said guide, said track allowing a longitudinal distance between said first and second pivotal attachments to vary with movement of said visor body while maintaining a rotational position of said second pivotal attachment with respect to the rod substantially equal to a rotational position of said first pivotal attachment with respect to the rod.

30. (NEW) A sun visor assembly comprising:

a longitudinally extending rod including an elbow formed therein;

a non-sliding member pivotally attached to said rod; and

a sliding member with a pivotal attachment to said rod, said pivotal attachment slidable along said rod between said non-sliding member and said elbow, said sliding member also slidably engaged to said non-sliding member to maintain a consistent rotational position of both said non-sliding member and said sliding member with respect to said rod.

31. (NEW) A sun visor assembly comprising:

a longitudinally extending rod including an elbow formed therein;

a non-sliding member pivotally attached to said rod and including a pair of opposing legs extending therefrom; and

a sliding member with a pivotal attachment to said rod, said pivotal attachment slidable along said rod between said non-sliding member and said elbow, said sliding member including a rail to cooperate in sliding engagement with said opposing legs of said non-sliding member to maintain a consistent rotational position of both said non-sliding member and said sliding member with respect to said rod.